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SAY IT AIN'T SO!

Sad news for former 'Cosby' star Keshia Knight Pulliam. 20

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3 things to watch for at Jets training camp. 26

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BANK ROBBERY CREW ROUNDED UP

Police arrest trio of Brooklyn men accused of breaking into vaults and stealing $5M in cash, valuables. 2

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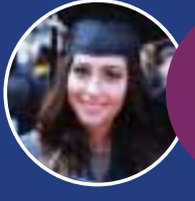

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3 THINGS YOU NEED TO KNOW

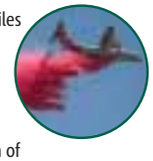
ELDERLY PRIEST KILLED IN FRENCH CHURCH, ATTACK CLAIMED BY ISIS

Assailants loyal to Islamic State forced an elderly priest to his knees before slitting his throat and took several worshippers hostage in a French church on Tuesday before police shot the attackers dead. It was the latest in a wave of attacks in Europe inspired by the Islamist militant group based in Iraq and Syria that is on the defensive against a U.S.-led military coalition in which France is a major partner. The knifemen entered the church during morning mass near the northern city of Rouen, northwest of Paris, killing Father Jacques Hamel, an 85-year-old parish priest, and taking four other people hostage, one of whom was seriously wounded. REUTERS

US ISSUES GUIDELINES FOR RESPONDING TO MAJOR CYBERATTACKS

2 The White House issued new instructions on how government agencies should respond to major cyber security attacks, attempting to combat perceptions the Obama administration has been sluggish in addressing threats from sophisticated hacking adversaries. The announcement was made amid suspicion in the U.S. government that hackers working for Russia may have engineered the leak of emails stolen from the Democratic National Committee. The directive, which was years in the making and includes a five-point scale to grade the severity of an incident, provides the first public guidance on the specific roles of federal agencies in coordinating efforts to investigate and respond to cyber security breaches in government and private sector. REUTERS

CREWS BATTLING CALIFORNIA BLAZE FACE HOT, DRY CONDITIONS



3 Firefighters battling a wildfire about 40 miles north of Los Angeles faced another day of brutal heat on Tuesday after reporting progress containing the blaze under cooler conditions overnight. About 300 miles further north in drought-hit California, another fire ravaged a hilly area near the scenic coastal town of Carmel-by-the-Sea, churning through 16,100 acres and destroying 20 homes, authorities said. About 3,000 firefighters have been struggling to control the so-called Sand Fire in a 59-square-mile area on the northwestern fringes of the Angeles National Forest since Friday. The fire was 25 percent contained on Tuesday, up from just 10 percent on Monday evening, as crews backed by bulldozers hacked out buffer lines around the blaze, authorities said. REUTERS

Brooklyn trio busted in $5M bank heists

The crew used blowtorches to break into the banks' roofs, officials said.

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A ladder extends into the vault from a hole cut in the roof of an HSBC branch in Brooklyn. MANHATTAN US ATTORNEY'S OFFICE

A bank robbery crew that pulled off brazen break-ins compared to the movie "Heat" was broken up Tuesday when authorities arrested three of its members.

Michael Mazzara, 44, Charles Kerrigan, 40, and Anthony Mascuzzio, 36, all of Brooklyn, were arrested Tuesday morning, and each charged with one count of conspiracy to commit bank burglary. Mazzara and Kerrigan have also been charged with a second count of bank burglary.

The three are accused of burglarizing banks in Brooklyn and Queens by breaking in through rooftops with a blowtorch and cutting into vaults. About $5 million in cash and valuables — including jewelry, diamonds and stock certificates — were stolen.

"In the dark of the night, these defendants allegedly blowtorched their way through the roofs and into the vaults of two different banks, stealing over $5 million in cash and customer valuables kept in safe deposit boxes. Through their brazen bank heists, the defendants allegedly stole not just people's money, but their memories too, leaving in their destructive wake gaping holes and looted vaults, " Manhattan U.S. Attorney Preet Bharara said. But these bank jobs also left enough of a trace for the FBI and NYPD, whose good old-fashioned police work led to the charges and arrests announced today."

The "Mazzara bank robbery crew" allegedly began these heists in April. According to the criminal complaint, from about April 8 to April 10, Mazzara, Kerrigan and others burglarized an HSBC Bank branch in Brooklyn, and from about May 19 to May 22, 2016, Mazzara, Kerrigan, Mascuzzio and others broke into a Maspeth Federal Savings Bank branch in Queens.

The crew obtained about $330,000 in cash and an unknown amount in valuables from the HSBC branch, and about $296,000 in cash and $4.3 million in valuables from the Maspeth bank.

They allegedly used acetylene blowtorches to cut into the top of the banks' vaults from the roof of the building, entered the vaults from above, and then broke open safe deposit boxes, taking the cash and valuables. At the Maspeth break-in, they allegedly constructed a plywood shed on the roof of the bank to conceal their activities.

Surveillance footage capturing both the preparation and execution of the burglaries, along with financial records and video surveillance showing the purchasing of supplies helped collar the suspects, officials said.

"These heists resembled scenes from the movie 'Heat' — the work of a crew that was well organized, meticulous and elusive to law enforcement," NYPD Commissioner Bill Bratton said. "This investigation was conducted with painstaking persistence. Left with few clues after the heists, our crime scene teams hunted for every shred of evidence. From the plywood purchased at a nearby Home Depot, to the torches from a Brooklyn welder used to muscle into the vault, the picture slowly came into focus, resulting in today's arrests and charges."

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SUBPOENA

New York AG refuses to comply with U.S. House subpoena on Exxon probe

New York state's attorney general Tuesday said his office will not comply with a subpoena issued by U.S. congressmen for details on its probe of whether Exxon Mobil misled investors on climate-change risks, saying it interferes with the state's "sovereign" interests.

The move by New York Attorney General Eric Schneiderman is the latest in the escalating political and legislative fight over Exxon Mobil and investigations on whether the oil giant knowingly misled shareholders and the public on climate change.

Earlier this month, the U.S. House of Representatives committee on science, space and technology issued subpoenas to Schneiderman and Massachusetts Attorney General Maura Healy to force them to submit information on their Exxon investigations, accusing the attorneys general of having a political agenda.

Schneiderman said his office refuses to comply with what he called an "unprecedented" subpoena for a state attorney general, and said the committee does not have a constitutional right to interfere with the states' probes.

"The subpoena brings us one step closer to a protracted, unnecessary legal confrontation, which will only distract and detract from the work of our respective offices," Schneiderman said in a 10-page letter to committee chair Lamar Smith of Texas that was posted online by Schneiderman's office. REUTERS

De Blasio announces NYC's largest affordable housing production since Ed Koch

New Yorkers who earn the least—less than $24,000 a year—saw an additional 3,500 new affordable apartments become available.

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Mayor Bill de Blasio's administration has released new figures showing that 2016 has had the second-highest production of affordable housing units in New York City history and the most since the Ed Koch years.

On Tuesday, de Blasio announced that during fiscal 2016, his administration secured 23,284 affordable apartments and homes, bringing the mayor's plan for increasing affordable units in the city to 52,936 units so far, enough for 130,000 New Yorkers.

Mayor Bill De Blasio GETTY IMAGES

23K
THE CITY SECURED 23,284 AFFORDABLE UNITS IN FISCAL 2016

53K
BRINGING THE ADMINISTRATION'S TOTAL TO 52,936

"The biggest and most progressive affordable housing plan in the nation is on-budget and ahead of schedule," de Blasio said. "Financing enough affordable homes for 130,000 people in just two-and-a-half years is an extraordinary accomplishment."

New Yorkers who earn the least — less than $24,000 per year — saw an additional 3,500 new affordable apartments become available, according to the mayor's office. More than 4,000 affordable homes for low-income seniors were also in development.

"The gains we have made to date represent tangible progress for New Yorkers struggling to find and stay in affordable housing," said Housing Development Corporation President Gary Rodney. "Our robust toolbox of financing programs have allowed us to spur groundbreaking new developments and preserve the quality and affordability of existing housing for people at all income levels that is so essential to thriving, diverse neighborhoods."

Evictions have declined 24 percent in two years, and the Rent Guidelines Board's second consecutive rent freeze affected 2.5 million tenants, according to the mayor's office.

"This year's numbers prove that this focus on affordable housing is bearing fruit," Director of City Planning and Chair of the City Planning Commission Carl Weisbrod said. "Neighborhood planning initiatives, like the East New York Community Plan, will increase capacity to ensure future housing opportunities and create thriving neighborhoods with investments to support growth."

Helping those who need it the most

Since 2014, 25 percent of all affordable housing in the city reached New Yorkers making less $31,000 individually or $40,800 for a family of three, the mayor's office stated.

Fifty percent of those units targeted the lowest-income families, those making less than $19,050 individually or $24,500 for a family of three.

Newest Second Avenue subway delay threatens its December opening

Due to the behind-schedule installation of station equipment and testing of critical components, the Second Avenue subway is facing more delays that could push back its planned December 2016 opening.

On Monday, Kent Haggas, an independent engineer hired by the MTA to observe and report on the subway line's progress, told the MTA board that the project has fallen further behind schedule, Gothamist reported.

200,000

With an expected daily ridership of 200,000, the MTA has said the Second Avenue subway will relieve congestion on the 4, 5 and 6 lines, Gothamist stated.

"The project is not on schedule, has fallen further behind schedule" since June, Haggas told The Wall Street Journal. He claimed that 70 percent of the milestones related to the project had been met in June, which was lower than the 80 percent that were completed in May.

Haggas recommended to the MTA that a "revised schedule" be implemented if the project hopes to be completed on time, Gothamist added. MTA Chairman Tom Prendergast did not comment on Haggas' recommendation.

Second Avenue subway construction BESS ADLER

The latest delays were attributed to the production of elevator cabs for subway entrances, installation of communications equipment and the testing of a radio system for police, The Wall Street Journal added. The MTA also said it would push back prerevenue operations training by a month, to Oct. 1.

JASON NUCKOLLS

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Clinton makes history

The former secretary of state was officially named the Democratic presidential nominee on Tuesday.

Former Secretary of State Hillary Clinton secured the Democratic Party's 2016 nomination for the White House on Tuesday, becoming the first woman to head the ticket of a major party in U.S. history.

In a symbolic show of party unity, Clinton's former rival, Vermont Sen. Bernie Sanders, told the chairwoman from the convention floor that Clinton should be selected as the party's nominee during a state-by-state roll call at the Democratic convention in Philadelphia.

Earlier, delegates from South Dakota had given Clinton 15 votes, ensuring that she had more than the 2,383 votes needed to win the nomination. She emerged with a total of 2,842 votes to Sanders' 1,865 votes.

After a tough battle with Sanders, Clinton is now the party's standard-bearer against Republican nominee Donald Trump in the Nov. 8 election.

Delegates chanted "Hillary, Hillary" as Maryland Sen. Barbara Mikulski formally put forward Clinton's name for the alphabetical roll-call vote. REUTERS

Hillary Clinton GETTY IMAGES

Delegates storm out of convention after Hillary Clinton's nomination

Delegates swarm the press area at the convention. FRANK BURGOS; BELOW BY ALEXIS SACHDEV

Moments after Hillary Clinton was announced as the 2016 Democratic presidential nominee on Tuesday, hundreds of delegates walked out of the convention center. Protesters carried Bernie Sanders signs and chanted, "Tell me what democracy looks like. This is what democracy looks like."

Many protesters staged a sit-in — what they called a "silent revolution" — in the media tent, and armed law enforcement officers stood at the doors of the Wells Fargo Center in Philadelphia blocking media and protestors from getting in and out of the tent.

A line of Pennsylvania state troopers marked the path of the protesters, many of which have bound themselves or taped their mouths shut. Some protestors told Metro reporters that they feel like their voices haven't been heard.

Vinod Seth, a delegate from North Dakota, called it a "sad day." When asked whether she will vote against Trump, his wife Aruna fought back tears, saying: "We are in mourning. It is too soon to ask us to move forward."

The sit-in lasted about an hour and 20 minutes before breaking up peacefully." ALEXIS SACHDEV; FRANK BURGOS CONTRIBUTED TO THIS REPORT

Philly creams NYC in epic chow-down showdown at DNC

One one side was Philly's champion, the cheesesteak. On the other, the pride of New York, its cheesecake.

It was a battle designed to test the loyalties during the Democratic National Convention of even the most devoted hometown fan. New York City vs. Philadelphia, Cheesesteak vs. Cheesecake at the Union League on Broad Street.

U.S. Reps. Carolyn Maloney of New York and Brendan Boyle of Pennsylvania chowed down Tuesday on Pat's Steaks (Philly) and Junior's Cheesecake (NYC) with additional regional menu challenges coming from DiNic's roast pork (Philly), Katz's pastrami (NYC), Sarcone's hoagies (Philly), Ross & Daughter lox and bagel and other delicacies representing their cities.

"I have to apologize to Michelle Obama," said Boyle, for contradicting the first lady's healthy eating initiative with this array of calorie-laden food. Boyle also joked that this food was "calorie-free" in keeping with the lies told by some of this season's presidential candidates.

"You can get a heart attack from our debates, but you get heartburn from this food," said Maloney.

With judges such as Top Chef Kevin Sbraga and Foobooz's Arthur Etchells joining Maloney and Boyle in the eat-a-thon, the team sampled pizza, soft pretzels and cannolis with each city having its own victories.

Ultimately, however — though Philly's cheesesteak lost out to New York City's cheesecake — the City of Brotherly Love beat out the Big Apple in overall points when it came to the championship dining city.

"We hold these truths to be self-evident, that all food are not created equal," said Maloney, contradicting the Declaration of Independence. A. D. AMOROSI

U.S. Reps. Brendan Boyle, of Pennsylvania, center, and Carolyn Maloney, of New York, chow down Tuesday on their cities' delicacies. A. D. AMOROSI

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Bill Clinton, at right, at the DNC GETTY IMAGES

Clinton to Clinton: DNC delegates of 2016 recall 1992

LGBT progress a symbol of how the world has changed.

ALEXIS SACHDEV
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As delegates cast their votes for Hillary Clinton's nomination at the Democratic National Convention on Tuesday, some are recalling memories of another Clinton.

More than 20 years ago, Bill Clinton stood before delegates, accepting their nomination for the 1992 presidential election.

Much younger and less world-weary, this Bill Clinton talked about town halls he attended, his humble roots and childhood and his love for his wife.

The United States has come a long way since the days of the Comeback Kid, said Pembroke, Massachusetts, delegate Stephen Driscoll.

"For gays and lesbians — because we didn't have the 'B' and the 'T' then — the big question was whether or not Bill Clinton would say the word 'gay,'" Driscoll recalled of his first convention. "He did, but in 1992, he didn't."

"In 1996, our own negotiation was to get the president to say the word 'gay,'" Driscoll said, adding that their success was "a monumental step."

In part, this progress is due to significant shifts in the voter base.

Most astonishingly has been changes in public opinion on gay and lesbian relations. In 1992, 48 percent of Americans said such relations should be illegal and 44 percent disagreed. Now, it's 68 percent for, 28 percent opposing, according to Gallup poll data compiled by NBC News.

Driscoll, who co-chairs the National Stonewall Democrats, said delegates advocating for gay and lesbian rights in 1996 had to "smuggle" signs and "rainbow stuff" onto the floor. They carried signs that read "Equal Rights for Newt's Sister," referencing Newt Gingrich's sister who had come out as lesbian.

On Tuesday, Driscoll was dressed in a rainbow-checkered shirt and pink shorts. He wore a rainbow necklace while LGBT-rights pins dotted his shirt and lanyard as he handed out Equality Now stickers to fellow delegates.

To say a lot has changed would be an understatement. Driscoll, who has attended every Democratic National Convention since 1996, called this progress "remarkable."

"The incorporation of LGBT people into the collaborate of the party is remarkable … the idea of this 20 years ago would've been preposterous," Driscoll said. "They wouldn't even let us bring flags onto the floor."

"It's so radically different now, so it tells you that social change can happen and it can happen very, very quickly."

> *"The incorporation of LGBT people into the collaborate of the party is remarkable … the idea of this 20 years ago would've been preposterous. They wouldn't even let us bring flags onto the floor."*
>
> Driscoll

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Philly's former top cop to address DNC in era of policing crisis

Some question legacy of former Commissioner Charles Ramsey ahead of his speech to the DNC.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Former Commissioner Charles Ramsey CHARLES MOSTOLLER

In the wake of the shootings by police of Alton Sterling and Philando Castille, and the murder of several police officers in Dallas, former Philadelphia Police Department Charles Ramsey said the nation is sitting on a "powder keg."

But does Ramsey have any answers?

When Ramsey addresses the Democratic National Convention on Wednesday night, it will be as one of the most respected figures in national law enforcement who was tapped by President Barack Obama to co-chair the Task Force on 21st Century Policing in the wake of Ferguson and the emergence of the Black Lives Matter movement.

Ramsey left his post at the beginning of 2016, has been lauded for his moves toward a data-driven police department, transparency with the public — for example, ordering the department to identify officers involved in all shootings — and for pushing reforms like body cameras for officers, which are currently being piloted in the 22nd District.

Ramsey, who did not respond to requests for an interview, led the department during a time of plummeting crime statistics, with the number of homicides dropping to the lowest in 50 years — which he credited to his leadership of the department, including tactics like reinstituting foot patrols. He previously led police forces in Chicago and Washington, D.C.

In 2015, Ramsey said declining homicides and shootings the previous year showed his strategies worked.

"It indicates it's working, but what adjustments now is the challenge, to push it down even further, because I don't believe we're as low as we go," he said.

But at a Black Lives Matter protest on Tuesday, attended by hundreds who marched from North Philly to the DNC, there were low expectations for what Ramsey can offer the DNC.

Deandra Jefferson, a member of the Philly Coalition for R.E.A.L. (Racial, Economic And Legal) Justice, which organized the march, said having Ramsey speak was "a terrible idea."

"He was an awful commissioner," she said. "He did not care about the people and tried to make it look like the system was working for us when it was not. That's what the Democrats want, they want lapdogs who happen to be the same color as the people they are oppressing to say, 'Hey guys, everything's OK,' when it's really not."

Other activists from the coalition said they want Ramsey to address the shooting of an unarmed black man that happened on his watch.

"I hope he addresses the Brandon Tate-Brown murder by the Philadelphia police," said coalition member Rufus Farmer. "I know he won't, but I think they need to take another look at that case."

Tate-Brown was killed in December 2014. He struggled with police after a traffic stop and was fatally shot while running from police toward his car, which police said had an illegal gun inside. Police were not charged in the crime; DA Seth Williams said the death "was a tragedy, but not a crime" at the time after clearing the officers involved. Internal Affairs also cleared the officers.

Federal lawsuits filed against the department by Tate-Brown's family are pending.

Several members of the Coalition for R.E.A.L. Justice were arrested after a raucous protest at a police-community meeting attended by Ramsey and Williams. Those charges were all tossed in court.

"That Brandon Tate-Brown atrocity, that's a classic example of how Ramsey wasn't good here," Farmer said. "He didn't push hard enough."

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NYPD seeks Brooklyn home invasion suspect

Police are looking for a man in connection with a nighttime home invasion that led to the robbery and rape of the sleeping resident.

Around 1:30 a.m. on Monday, a 29-year-old woman asleep at her home near the corner of DeKalb and Wilson avenues in Bushwick awoke when she heard her door being opened, police reported. A man had entered her home.

Displaying a silver firearm, the man approached the woman and raped her before removing some of the victim's personal items, police added. He then fled the location in an unknown direction.

The victim was taken to Woodhull Hospital where she was treated and released, authorities stated. The suspect remains at large.

Police described the man as black, approximately 34 years old, about 6-foot-1 and around 195 pounds. JASON NUCKOLLS

A police sketch of the suspect NYPD

Got info?

Anyone with information should call the NYPD Crime Stoppers hotline at 1-800-577-TIPS or, for Spanish, 1-888-57-PISTA. The public can also submit tips at NYPDCrimeStoppers.com.

CAUGHT ON CAMERA

Stolen security camera catches Manhattan burglar in the act

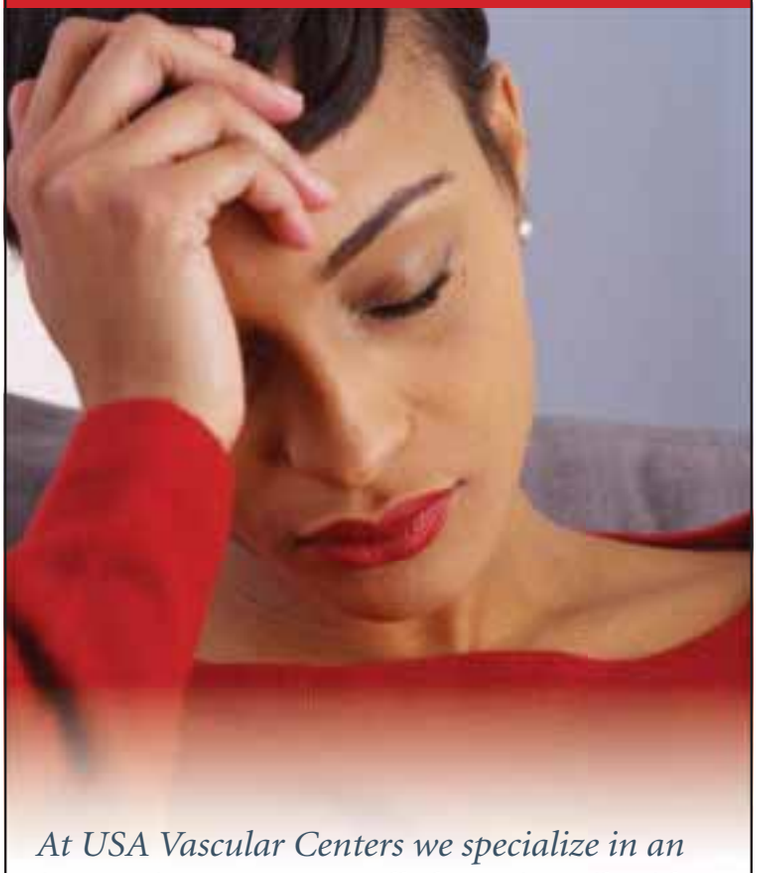
A burglary suspect didn't realize that what he was stealing could help put him behind bars after he took a camera from an East Village apartment last week.

The suspect entered the empty apartment on East 14th Street and Avenue A just after 1:30 p.m. on July 22 by picking the lock, according to police. He then took an iPad 4, Canary security system, and other electronics and accessories with a combined value of $964.

Anyone with information should call the NYPD Crime Stoppers hotline at 1-800-577-TIPS or, for Spanish, 1-888-57-PISTA. The public can also submit tips by logging onto the Crime Stoppers website. CRISTABELLE TUMOLA

A clear view of the suspect PROVIDED

Fibroids?



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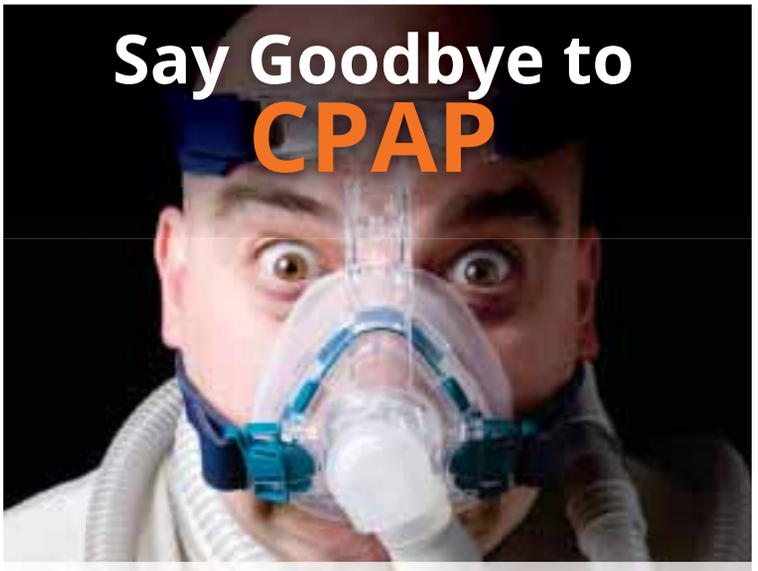

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US opens door to a change in blood donation policy for gay men

The U.S. Food and Drug Administration opened the door on Tuesday to a change in its blood donor deferral recommendations, which currently prohibit donations from gay men for a year following their last sexual encounter in order to reduce the risk of transmitting HIV, the virus that causes AIDS.

In December the FDA overturned a 30-year ban on all blood donations from men who have sex with men, saying the change was based on science showing an indefinite ban was not necessary to prevent transmission of the human immunodeficiency virus.

The FDA is now signaling it may go further.

Gay rights advocates say the latest update did not go far enough and that the agency's recommendations should move closer to individual risk assessments, which could, for example, look at whether an individual has been in a monogamous relationship. Their criticism intensified in the wake of a mass shooting at a gay nightclub in Orlando, Florida, in June, which saw many gay men unable to donate blood even as blood banks put out calls for donors.

A blood bag and vacuum venipuncture test tubes filled with blood. GETTY IMAGES

In a notice posted to the Federal Register, the FDA said it was establishing a public docket for comment about its current recommendations and that interested people should submit comments, backed by scientific evidence, supporting alternative potential policies to reduce the risk of HIV transmission.

Such suggestions "could include the feasibility of moving from the existing time-based deferrals related to risk behaviors to alternate deferral options, such as the use of individual risk assessments."

The agency said it would take the comments into account "as it continues to reevaluate and update blood donor deferral policies as new scientific information becomes available."

The FDA's action comes after 115 members of the U.S. House of Representatives, led by Democrat Mike Quigley, vice chair of the Congressional LGBT Equality Caucus, wrote to FDA Commissioner Robert Califf calling on him to end the current policy, saying it discriminated against men who have sex with men. A similar letter was signed by 22 senators.

In a statement on Tuesday, Quigley said he was "encouraged" by the FDA's announcement.

REUTERS

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Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

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Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

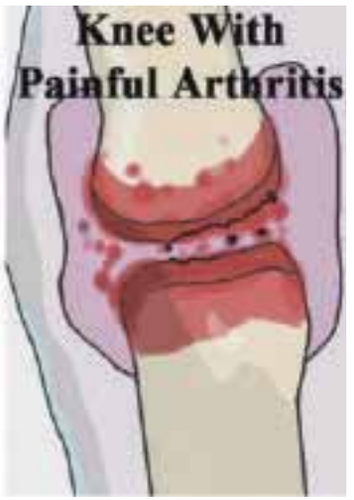
The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

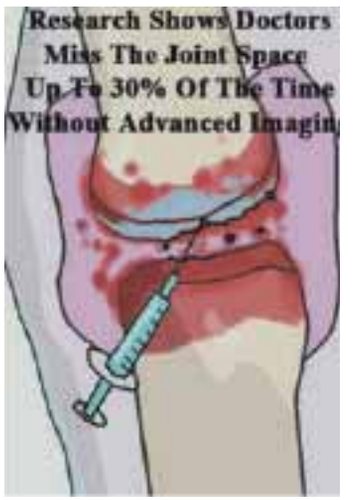
Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - The red is a knee joint with painful osteoarthritis. With progressive "drying out", arthritis causes the joint space to decrease and an array of symptoms which may include grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Treatment (blue) being applied directly into the knee joint using Precision Arthritis Targeting Technology. Advanced imaging allows treatments to be as precise as possible. Viscosupplementation can lubricate the joint and decrease pain.



Failed Treatment - the medicine misses the joint space. Research shows this occurs up to 30% of the time without the use of Precision Arthritis Targeting Technology to guide the injection. This is why prior treatment may not have worked for you.

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More charges possible for three men arrested after Florida club shooting

Two teens were killed and more than a dozen people were wounded Monday in the parking lot of Club Blu in attack that came six weeks after 49 people were killed at an Orlando nightclub by a man who sympathized with Islamic extremist groups.

A bullet hole is marked by police as a small memorial grows outside Club Blu, where two people were killed and at least 15 were wounded in Fort Myers, Florida. GETTY IMAGES

Three men arrested for resisting authorities near the scene a nightclub shooting where two teenagers were killed are persons of interest in the investigation and could see further charges, authorities said on Tuesday.

Police in Fort Myers, located on Florida's Gulf Coast, said they have ruled out any extremist ties to the Club Blu shooting but Tuesday said they had not developed any possible motives.

"Still investigating, interviewing and following up," Capt. Jim Mulligan, a police spokesman, said in an email to Reuters on Tuesday afternoon.

No one has been charged in the shooting but authorities Monday arrested three young men seen near the scene who fled from them. They were charged in connection to that pursuit, the Lee County Sheriff's Office said.

According to authorities, Derrick Church, 19, was charged with assault on a law enforcement officer after accelerating his vehicle toward a sheriff's deputy. A deputy shot him in the stomach and he was treated and released from a hospital.

Demetrius O'Neal, 19, and Tajze Battle, 22, were charged with resisting law enforcement, according to a statement from the sheriff's office.

The men are considered persons of interest in the shooting, and Fort Myers police are investigating to determine if additional charges will be brought, Sgt. Matt McDaniel, a sheriff's spokesman, told Reuters on Tuesday.

Police said Monday they were searching for additional suspects in connection with the shooting.

Two people remained hospitalized in critical condition on Tuesday, hospital officials said.

The shooting took place shortly after 12:30 a.m. EDT on Monday as a party open to teenagers was wrapping up.

Stef'An Strawder, 18, a high school basketball star, and Sean Archilles, 14, were killed in the incident. At least 19 people, ranging in age from 12- to 27 years old, were wounded and treated at local hospitals. REUTERS

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■ I have painful calluses on the ball of my foot which keep building up.
■ I have corns on my toes which get thick no matter what shoe size I wear.
■ The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
■ I have cramps in my legs which always happen when I walk the same distance.
■ My ankles are swollen most of the time.
■ My feet are always dry and scaly – sometimes they itch.
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Don't worry — Blac Chyna and Rob Kardashian are still together

For the Kardashian Clan, social media is sacred.

So it was a pretty big deal that brother Rob deleted all of his Instagram pics with fiancée/babymama Blac Chyna on Monday. Though Rob is known for his social-media purges — often deleting all of his photos — he's kept his relationship with Chyna in the public eye.

But it appears that the couple isn't over.

"They didn't break up; they had a fight," Us Weekly reported. And a dramatic one at that: Chyna allegedly drew blood, scratching Rob with her long nails. Perhaps their new reality show is putting some stress on the couple (or perhaps this is a well-timed publicity stunt), but either way, the pair is back in love.

Chyna took to Snapchat to quell rumors, flashing her 7-carat rock.

ALL PHOTOS GETTY IMAGES

Ed Hartwell calls it quits with Keisha Knight Pulliam

You'd expect nothing but happy news from a couple that's just announced they are expecting, right? That's not the case for Ed Hartwell and Keisha Knight Pulliam. Days after "The Cosby Show" alum revealed that she is having a baby girl, her husband and ex-NFL player Ed Hartwell filed for divorce. According to People.com the couple has been married for just six months.

The duo began dating last year and got engaged over New Years Eve. A few weeks later they tied the knot in an intimate ceremony at home in the presence of family and friends. It was a total surprise and those who were invited "didn't even know it was a wedding," Pulliam said in her "Kandidly Keisha" podcasts from earlier this year.

The worst part? Not only did Hartwell file for the divorce but he is demanding a paternity test, too.

Is there a scandal being kept under wraps, or was the pressure of married life just getting to someone's head?

'Bachelorette' fans are certainly not feeling the Bern

Bernie Sanders' lengthy DNC speech Monday night cut into "The Bachelorette," and loyal JoJo fans were not having it. Being forced to wait—on *fantasy suite night*, mind you—left loyal viewers devastated.

Fans who DVR-ed the episode felt especially snubbed—because the show started 30 minutes late, the end of the episode was cut off.

Though the show's fearless leader, Chris Harrison, tweeted out a warning ("Check local listings cause I'm guessing the #DNC will jack up #TheBachelorette time in many cities. Some things are even out of my control"), many viewers still felt wronged.

Fans eager to watch JoJo gallivant through Thailand with her sexy suitors quickly figured out that the aged politician on their screens was not a "Bachelorette" plot twist (his lack of beard scruff and hair gel were dead giveaways), prompting national shock and outrage.

Unknowingly, the senator set off a Twitter firestorm.

"I think Kanye needs to interrupt Bernie to let him know 'The Bachelorette' is on tonight," tweeted @manduuhstanford. Other users agreed this was an injustice worth getting up in arms about. "Okay Bernie get off my tv I want to watch JoJo break down on the Bachelorette rn," fired off @morgopetrusha.

Sorry, Bernie, you don't get the final rose.

the word

New on Netflix

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

"BOJACK HORSEMAN": SEASON 3

Will Arnett returns as an equine alkie in the third season of "BoJack Horseman," now streaming on Netflix. NETFLIX

What's more surreal than a show about a world in which talking animals and humans live (and sometimes breed) together? That it's both the funniest and saddest show on television right now. In the third season, our anti-hero — a depressed, alcoholic horse (voice of Will Arnett), who used to star on a cheesy family sitcom — hits rock bottom. Although that's what it felt like last season. As Blur once said, no matter how low, there's always somewhere to go.

Once again, things start out hopeful: BoJack has a hit film and serious awards talk. Once again, things slowly fall apart. And once again we see a show that's quick with a loopy joke — dumb puns, bizarre wordplay, silly sight gags — show that it's also peerlessly insightful about self-loathing and the way bad feels can be as addictive as the drugs and drink BoJack keeps at hand. Every season has gotten rough, but this time the vicious circle of his life may have officially driven away even his closest allies.

Here's the part where we pull back and remind you that "BoJack Horseman" is superduper hilarious. It remains a fount of nuttiness, with an entire episode underwater, a live (but "tasteful") abortion TV special and a whale-staffed strip club for the whole family. There's a bat mitzvah for bats and Character Actress Margo Martindale returns, this time with a bazooka. Even at its darkest, it's still superfunny — un-Jessica Biel-ievably funny!

Mila Kunis, Kristen Bell and Kathryn Hahn play parents who rebel against the norm in "Bad Moms," in theaters Friday. STX PRODUCTIONS

Kathryn Hahn is no 'Bad Mom'

The actress talks about her wild new comedy and the craziness of being a mother.

MATT PRIGGE
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Kathryn Hahn is a mom in two current movies. In the indie drama "Captain Fantastic" the scene-stealing actress plays an uptight parent whose two sons love video games and hate school. In the studio comedy "Bad Moms," her character, Carla, has given up trying to be a model mother and would rather go to the bar with her fellow parents (played by Mila Kunis and Kristen Bell) than attend her teenage son's baseball games. Hahn is a mother of two herself, though she's not like either character — although she does worry endlessly about how best to raise her kids.

I'm not a parent, but I imagine reading a script about rebellious moms is really thrilling if you are.

Oh my God. That was exactly it. I read it knowing that two gentlemen wrote it. I thought, "Hmm, let's see, fellas!" I read it and was so excited by how cathartic it felt. It really exploded those crazy expectations society has placed on so many mamas. There's so much judgment in parenting. It was such a wish fulfillment to say "screw you" to all those expectations that we put on ourselves — how if we stray from any of those we feel like failures. It's absurd.

GETTY IMAGES

I'm always afraid that if I was a parent I'd screw the kids up.

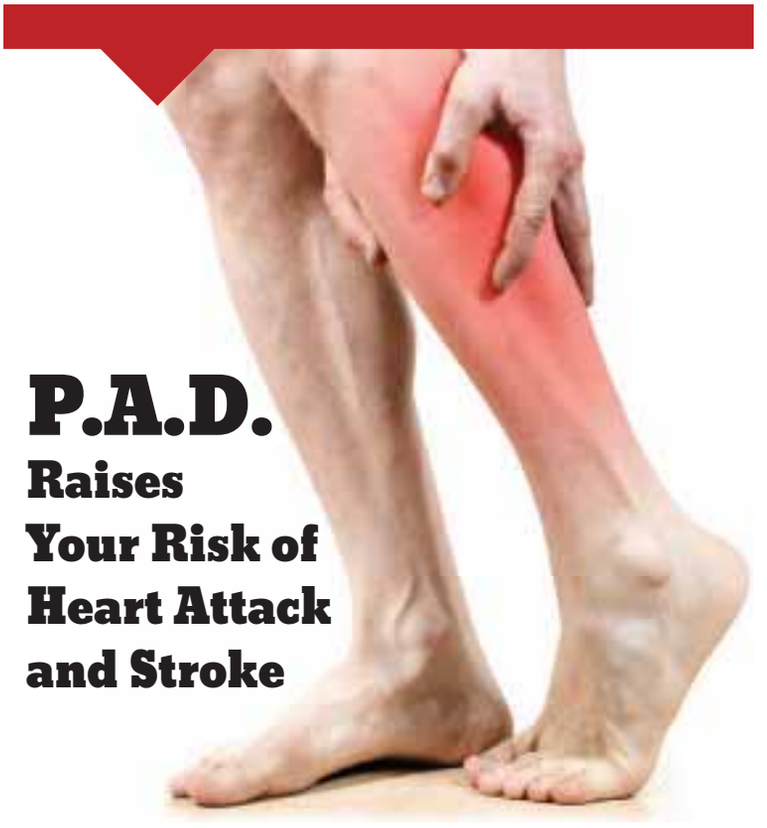
You're handed this perfect, gorgeous, untainted, pure being. You feel like, "This is my chance to curate their experiences and make the most amazing, brilliant, most empathetic soul on the planet." And of course, it's just one lesson after another of how out-of-control you are. It's a crazy, awesome responsibility that you have no preparation for. Nothing can prepare you for what that is, and how much more challenging that gets the older they get. But holy crap, what a crazy privilege. It's definitely not for every human on the planet, for sure.

I have married friends who don't want kids and hate that everyone asks them, "When are you having a baby?"

I'd say, "Thank you, guys, for not overpopulating the planet!" We need more of those couples.

There's a line in the movie where Mila Kunis' character tells her son to do the dishes and make himself food so he doesn't grow up to be a horrible troll.

It's a great speech about entitlement. One of my biggest challenges as a mom is I really love a clean house. I would clean up, absentmindedly, for them for awhile, because I didn't like s— all over the place. At a certain point I had to take a deep breath, step back and let them clean up. I knew it was imperative for them to understand consequences. Sometimes it's easier to swoop in and take over, but it's important to let them do it. I mean, I think! I don't know what I'm doing. [Laughs] It's such a crazy, crazy time right now to be a parent, because there's so much to shelter a child from. All I know is I want my two people to be good, kind, empathetic humans with firm moral compasses. Then I'll just be the happiest.



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On the joys of the 'Wonder Woman' trailer

Gal Gadot's incarnation of Diana Prince will get her first solo movie in next summer's "Wonder Woman." WARNER BROS. PICTURES

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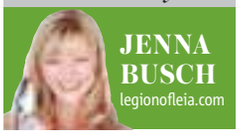
Geek Girl in Hollywood



I just spent five days at San Diego Comic-Con, and between covering for sites, filming videos, being on or moderating eight panels, running around in the heat and typing my digits off, it's all sort of a blur.

There was something that stood out, however. I got to see part of "Wonder Woman" on the big screen. Warner Bros. released the trailer for next summer's solo film while the con was celebrating Diana Prince's 75th anniversary. I didn't see it when it was first shown to attendees, but when I attended the anniversary panel with artists Jim Lee and Nicola Scott, director Patty Jenkins and the lady herself, Gal Gadot, it was shown again.

I was not prepared for my reaction. You have to understand that, back when I was a child, there weren't many superwomen to look up to. We had Princess Leia and Wonder Woman. That's it. I watched the show starring Lynda Carter, wore my Wonder Woman Underoos, used twine as a lasso and colored Scotch tape with magic markers around my wrists. I used those markers on a plastic tiara and spun around (a quarter turn counterclockwise, then a few full clockwise turns was the correct method) to transform myself into my favorite superhero. Oh, I loved Batman too, but Wonder Woman was a girl, just like me.

As some of the panelists regaled us with their childhood stories about what she meant to them, I felt myself applauding like crazy before I even realized it. The trailer spoke to all of us. We all stood on the playground and spun. We all wanted to grow up to be this superwoman.

The lights dimmed and they played the trailer, complete with some action poses right from the comics. She was soft, yet powerful. She was funny. She was strong and she was sassy. She said, "What I do is not up to you," when Steve Trevor (Chris Pine) questioned her actions. I felt my throat catch and actually cried. I admit it. Hell, I admitted it all over social media.

I cannot begin to explain what it meant for me to finally see her up there. Seventy-five years and this is the first time it's happened. When the lights went up and the crowd roared, I looked around and didn't see a dry eye in the house. I listened as Jenkins talked about how important it was to finally do this and then I left the room, running to my next appointment.

As I did, I saw person after person — older women, little girls, some guys, a little boy and quite a few babies — dressed in her costume. I saw people clutching Wonder Woman toys and posters and wearing tiaras. For a moment, I forgot how tired I was. I just got to see something wonderful and my 7-year-old self is cheering.

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THE REAL DEAL

Are millions of homeowners sitting on much bigger equity nest eggs than they think? Do you know how much equity you've got? If not, could you be missing opportunities to tap into it for worthwhile projects at close to all-time low interest rates?

Academic and financial industry research suggests that large numbers of Americans don't keep track of their equity and don't really know how they could use it. That's curious because home equity has almost never been higher or easier to access.

The Federal Reserve estimates that, thanks to rising prices and principal paydowns, total home equity surpassed $13 trillion in the first quarter of this year, more than double what it was in 2011. Black Knight Financial Services, a mortgage data and analytics company, estimated last week that $4.4 trillion of equity is immediately "tappable" — that is, owners can withdraw funds via equity credit lines, equity loans and cash-out refinancings, and still retain a healthy equity cushion in their homes.

Equity is the difference between the market value of your home and the total mortgage debt you've got against it. A $350,000 house with $175,000 in mortgage debt has equity of $175,000 — a 50 percent equity position. Thirty eight million owners nationwide have at least 20 percent equity, averaging $116,000 per owner, according to Black Knight. Many lenders will allow owners to tap into that equity to the extent that their total debt does not exceed 80 percent of the home's appraised value.

So in the example of the $350,000 house with $175,000 in equity, you might be able to borrow another $100,000, bringing your total debt up to $275,000 or just under 80 percent of your property value. If there's no need to pull out that much — say you need some cash to renovate the kitchen and add a bathroom — you could borrow considerably less, say $25,000 or $50,000.

But before any of that happens you need to know the basics about equity — starting with how much you've got.

Research by mortgage investor Fannie Mae and analytics firm CoreLogic has documented that owners frequently underestimate the home equity they've accumulated. Millions of owners saw their property values plummet during and after the financial crisis and recession. Following that nightmare many seem to have tuned out news of home value rebounds.

If you don't know your home's approximate value, it's tough to calculate your equity position, even if you know your unpaid mortgage balance to the penny.

There are multiple resources online (Redfin .com and Realtor.com are examples) to help you keep up with local sales trends and provide rough estimates of almost any property's value. Just type in an address and see what pops up. You can also talk with local realty agents. Bottom line: Check out your equity. You may well have more of it at your disposal than you thought.

KENNETH HARNEY

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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

A percentage of units is set aside for:
- Mobility-disabled applicants (5%)
- Vision- or hearing-disabled applicants (2%)

Preference for a percentage of units goes to:
- Residents of **Brooklyn Community District 5** (50%)
- NYCHA- affiliated applications* (25%)
- Municipal employees (5%)

1. View the Available Units... → 2. See Unit Requirements

Unit Size	Monthly Rent*	Units Available	Household Size**	Annual Household Earnings***
Studio	$788	1	1 person	$28,355 - $38,100
1 bedroom	$847	102	1 person	$30,412 - $38,100
			2 people	$30,412 - $43,500
2 bedrooms	$836	1	2 people	$30,069 - $36,250
			3 people	$30,069 - $40,800
			4 people	$30,069 - $45,300
2 bedrooms	$1,025	77	2 people	$36,549 - $43,500
			3 people	$36,549 - $48,960
			4 people	$36,549 - $54,360
3 bedrooms	$963	2	3 people	$34,869 - $40,800
			4 people	$34,869 - $45,300
			5 people	$34,869 - $48,950
			6 people	$34,869 - $52,550
3 bedrooms	$1,182	8	3 people	$42,378 - $48,960
			4 people	$42,378 - $54,360
			5 people	$42,378 - $58,740
			6 people	$42,378 - $63,060

*NYCHA preference priority as follows:
(i) Current residents of Linden Houses and Boulevard houses
(ii) Authority public housing residents residing in Brooklyn Community District 5
(iii) Current residents of other Authority public housing developments
(iv) Current Authority Section 8 Voucher Holders.

** Rent includes heating and gas for cooking
*** Household size includes everyone who will live with you including parents and children. Subject to occupancy criteria
**** Household earnings includes salary, hourly wages, tips, social security, child support and other income. Income guidelines subject to change

How Do You Apply?

Apply online or through mail. To apply online, please go to **nyc.gov/housingconnect**. To request an application **by mail, send a self-addressed envelope to: Stanley Commons c/o Langsam Property Services, 1601 Bronxdale Avenue, Suite 201, Bronx, NY 10462**.

Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **September 27, 2016**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Stanley Commons c/o Langsam Property Services, 1601 Bronxdale Avenue, Suite 201, Bronx, NY 10462.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **27 de septiembre 2016.**

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100 Eleventh Avenue 8A DOUGLAS ELLIMAN PHOTOGRAPHY

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11 North Moore St., 6C CORE

Inside looks: Kitchens with a view

Even a novice cook will feel at home in these New York City kitchens.

CRISTABELLE TUMOLA
@CristabelleT
cristabelle.tumola@metro.us

One of the advantages of New York City is you never need to cook. Whether your kitchen is too small to prepare a proper meal, the stove is needed for extra storage or you just don't have the time, the city is full of great restaurants and round-the-clock takeout options.

But that doesn't mean New Yorkers don't dream of, well, their dream kitchen — complete with stone counters, custom cabinets and top-of-the-line appliances.

We found six apartments with lust-worthy kitchens.

100 11th Ave., 8A

$14,500/month
The stainless steel kitchen of this three bedroom, three-and-a-half-bath Chelsea apartment flows into an open living room. It features floor-to-ceiling windows and views of the Hudson River and High Line.

11 N. Moore St., 6C

$9,495,000
This Tribeca four-bedroom, four-bath loft not only offers 3,000-square-feet of space, but a view of a notable movie spot.

"A kitchen is such a personal space and one with a stunning view is priceless. Eleven North Moore in particular boasts tremendous views of classic Tribeca including the World Trade Center, Hudson River and famous 'Ghostbusters' firehouse," says Jason Walker, licensed associate estate broker at Core. The open kitchen also includes top-of-the-line appliances and a generously sized pantry.

388 Bridge St., 35B

$2,280,000
Located on a high-floor, the three bedroom, three bath apartment has views of the Verrazano Bridge and upper Manhattan. With 1,750 square feet of open floor plan living, this Downtown Brooklyn abode features high-end materials, finishes and top-of-the-line appliances, making it the perfect space for entertaining.

388 Bridge St., 35B DOUGLAS ELLIMAN PHOTOGRAPHY

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This building is being constructed through the New Housing Opportunities Program (NHOP) of the New York City Housing Development Corporation (HDC), and the Mixed Income Rental Program (MIRP) of the New York City Department of Housing Preservation and Development (HPD).

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

A percentage of units is set aside for:
- Mobility-disabled applicants (5%)
- Vision- or hearing-disabled applicants (2%)

Preference for a percentage of units goes to:
- Residents of **Manhattan CB 10** (50%)
- Municipal employees (5%)

1. View the Available Units...			→	2. See Unit Requirements		
Unit Size	**Monthly Rent***	**Units Available**		**Household Size****		**Annual Household Earnings*****
Studio	$494	1	→	1 person	🧍	$18,275 - $25,400
1 bedroom	$532	1	→	1 person	🧍	$19,612 - $25,400
				2 person	🧍🧍	$19,612 - $29,000
Studio	$641	2	→	1 person	🧍	$23,315 - $31,750
1 bedroom	$690	1	→	1 person	🧍	$25,029 - $31,750
				2 person	🧍🧍	$25,029 - $36,250
2 bedroom	$836	6	→	2 person	🧍🧍	$30,069 - $36,250
				3 person	🧍🧍🧍	$30,069 - $40,800
				4 person	🧍🧍🧍🧍	$30,069 - $45,300
Studio	$1,589	12	→	1 person	🧍	$55,818 - $111,125
1 bedroom	$1,997	10	→	1 person	🧍	$69,840 - $111,125
				2 person	🧍🧍	$69,840 - $126,875
2 bedroom	$2,405	20	→	2 person	🧍🧍	$83,863 - $126,875
				3 person	🧍🧍🧍	$83,863 - $142,800
				4 person	🧍🧍🧍🧍	$83,863 - $158,550

* Rent includes gas for cooking.
** Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
*** Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **September 23, 2016**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **23 de septiembre 2016**.

简体中文

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It's nearly August and the Jets still don't have a quarterback in place. GETTY IMAGES

5 Things to keep tabs on at Jets training camp

The Jets report to camp today.

TONY WILLIAMS
@TBone8
sports@metro.us

The Jets open training camp this week full of hope despite lingering questions within their own ranks. The rest of the AFC East has question marks, too.

Patriots quarterback Tom Brady will miss the first four games due to a suspension from the tired Deflategate saga. The Dolphins have a neophyte head coach in Adam Gase, so they're a question mark. And the Bills, led by former Jets head coach and current nemesis Rex Ryan, are already at a crossroads in just his second season at the helm.

If there was ever a time for the Jets to strike and steal the division, this season figures to be their best chance. But with the Ryan Fitzpatrick drama still ongoing and the team's best defensive lineman, the newly-inked Muhammad Wilkerson, still recovering from a broken right leg suffered in last season's finale, it will not be easy for Gang Green to usurp the Patriots' divisional grip.

What to watch:

The bearded elephant in the room

Fitzpatrick, who last season enjoyed the finest campaign of his journeyman career, is still unsigned. The Jets-Fitzpatrick ordeal is perhaps the league's most confounding contract stare-down of the NFL offseason, and with camp about to start, unless there's massive compromise from both sides, it looks like this will drag on — and hover — well into camp. Fitzpatrick is coming off a season throwing for 3,905 yards and 31 touchdowns, as he led the Jets to a single-season mark of 5,925 total yards. The Jets finished No. 10 overall in offense and No. 11 in scoring at 24.2 points per game. Their 66 percent red-zone touchdown conversion rate placed them No. 3 overall. New York also had two 1,000-yard receivers in Brandon Marshall and Eric Decker, and a 1,000-yard rusher in Chris Ivory (now in Jacksonville) in the same season for the first time since 1998. Gang Green was a sneaky-good offense last season, but if they don't bring back Fitzpatrick, New York fans will be forced to ride the Geno Smith roller coaster or hinge their hopes on two untested signal callers — second-year vet Bryce Petty or rookie Christian Hackenberg.

Newcomers need to be upgrades

Gone are Ivory, the AFC's leading rusher, and mainstay D'Brickashaw Ferguson, who abruptly retired in the offseason. General manager Mike Maccagnan, though, moved quickly on both fronts to fill those voids at running back and left tackle, respectively. The Jets rebounded from the Ivory free-agent defection by signing Matt Forte, and acquired four-time Pro Bowl left tackle Ryan Clady from the Denver Broncos, via trade. Two of the most important pieces in a Chan Gailey attack were filled by question marks, as Clady has missed the better part of four seasons with multiple maladies, while Forte was seen as expendable by a Bears squad that is far from playoff contention. The latter is coming off a season where he had career lows in rushing yards (898) and receptions (44).

Fitz isn't the only notable absence

First-round pick linebacker Darron Lee remains unsigned. He's one of three rookies who has yet to sign a contract. A fourth-year guarantee figures to be the snag, as players drafted ahead of him all received the guaranteed fourth year. The exception is the San Diego Chargers' defensive end Joey Bosa, selected third, who has also yet to sign. Lee was selected 20th overall and is in line to earn about $1.8 million in that guaranteed fourth year.

NYCFC's David Villa, center, makes a play on a ball against Sporting KC earlier this season. GETTY IMAGES

NYCFC again pulled back down to earth

The club is again reeling after its latest loss to the rival Red Bulls.

TONY WILLIAMS
@TBone8
sports@metro.us

The ebb and flow of the regular season in Major League Soccer is so fluid that it's almost impossible to gain real traction.

New York City FC is finding out that success is somewhat fleeting in the MLS, as they've seen a once-cushy lead in the Eastern Conference dwindle to just two points following Sunday's disappointing 4-1 loss to the second-place New York Red Bulls.

It seems like yesterday when City (9-7-6, 33 points) was on a league-best four-game winning streak and looking like the team to beat. But with Sunday's defeat to the Red Bulls — the fifth time in six meetings Blue has fell to the Red since its MLS inception last year — City has been pulled back to earth. The Red Bulls (9-9-4, 31 points) have simply owned NYCFC in the Hudson River Derby, with the lone win for the two-year old City franchise coming July 3, a 2-0 conquest.

City is going to see Bradley Wright-Phillips in their nightmares, and with no chance at retribution, as the two teams are done facing each other in regular-season action. Although he hadn't scored in over a month entering Sunday's tilt, the striker made up for the drought by netting two goals in the win in Harrison, New Jersey. He has now notched eight career goals against the Bronx squad.

The Red Bulls have won all but one of the Derbys — including five of the last six — outscoring NYCFC 18-5. But the rivalry, although one sided so far, has been level in the amount of tension and vitriol the two franchises share for one another.

Sunday's matchup wasn't any different, as even the lead men shared contempt. NYCFC manager Patrick Vieira was tossed by referee Mark Geiger after having some choice words during the game's first water break. Vieira, who publicly noted that he felt the referees were slanted toward the Red Bulls, exchanged words with opposing manager Jesse Marsch and then left the field during the game's 34th minute.

Vieira said there's no use in further getting into public spats and using the media as a tool to get a message across, as he's inclined to run his team his way, while his New Jersey counterpart can run it his own way. Vieira is only interested in turning the page and trying to get his squad prepared and ready for their next match, an important July 30 date with the Western Conference's Colorado Rapids (10-2-8, 38 points), following the All-Star respite.

His star players all echoed those sentiments, as City enters the break tops in the conference. It's a far cry from last season when they were 6-9-6 at that same point and on their way to missing the postseason.

Frank Lampard, who saw his hot streak cool off in the loss, said he's looking toward the bright side of things. And despite it being a bitter pill to swallow, the Englishman noted that City is still in a far better position than last season heading into the break.

"It's a difficult league to go and win game after game," Lampard said. "But when you look at the standings and you see we're top, the difference from last year when we were struggling all year really, you can take confidence from that."

David Villa, the league's leading goal scorer who is heading to the All-Star exhibition to face Premier League power Arsenal, added there's still plenty of games remaining for City to regain itself and add distance between the rest of the conference.

"Of course we want to win derbies, but we are here for winning the league. We lost three points, but the reality is we are top of the table now. We are in a good position," Villa said. "We have 12 more games and we need to be strong in the next 12 games for getting a good position in the table, nothing more."

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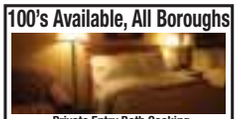

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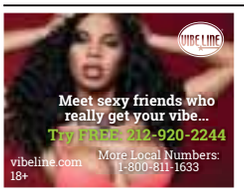

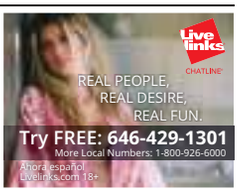

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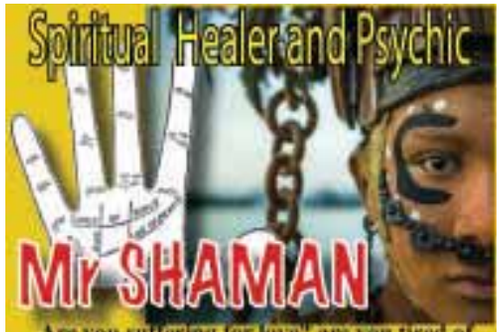

Are you suffering for love? are you tired of calling and never get a call back from that special person you love? is your love one ignoring you or neglecting you?

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1-i was getting crazy with a woman much younger than me but she didn't like me , i decided to see Mr . Shaman and than she came to me Thanks a lot God bless you.

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House	Love
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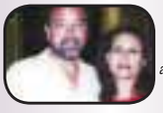
Reading by Phone First Reading Free

MARRIED COUPLE

Someone had wished I wouldn't marry the man I love... Thanks to Anna we are now happily married!



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We have been married for six years and had no children. Thanks to Anna we now have two healthy kids.

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Our business was failing, we had no hope until my husband called Anna for help. A few days later we started to see amazing results!

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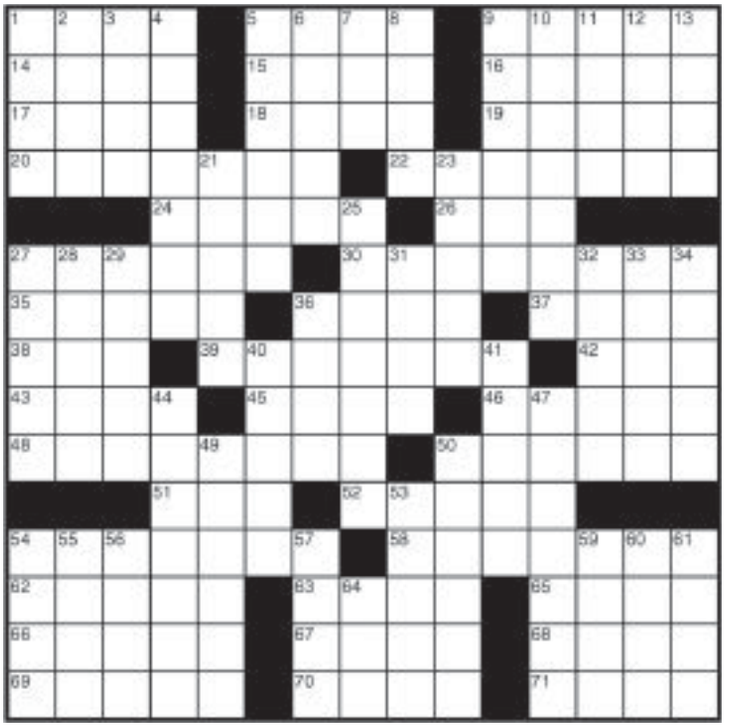
Across

1 Foot part
5 By — of (because of)
9 "The Divine Miss M"
14 "Road" film destination
15 Charles Lamb pen name
16 Winter constellation
17 TGIF party request
18 — the bill
19 Legally binding
20 Crown and scepter
22 Woodworking tools
24 Pop singer -- Lauper
26 Verse lead-in
27 Golfer's iron
30 Awesome!
35 Mgmt.
36 Splash through a puddle
37 Collapse
38 KGB counterpart
39 Paprika dish
42 Coq au —
43 Collies do it
45 Flyboy's org.
46 Curved moldings
48 Frankly
50 Frothy dessert
51 Oh, gross!
52 Prevents errata
54 Drive back and forth
58 Bacon servings
62 Burro alternative
63 Takes a powder
65 Suit, so to speak
66 Non-earthling
67 Metric unit
68 Comic — Rudner
69 Bamboo muncher
70 Fountain treat
71 Wine glass feature

Down

1 Etc. or et al.
2 Martha of dental ads
3 Plug up
4 Brazier
5 Spell out
6 Old war story
7 Zilch
8 Chalky mineral
9 Heifer
10 VCR function
11 Shower liner
12 Industry, plus
13 Runs its course
21 Mendacious
23 Popcorn nuisances
25 Fence off
27 Strong silent type?
28 Departure
29 Well-dressed
31 Edith, the "Little Sparrow"
32 Cheap nightspots
33 Wall climbers
34 Thick
36 Send overnight
40 Is much obliged?
41 Night noises
44 Tapped one's fingers
47 Well-drillers' hope
49 Lizard with a fringe
50 Swamp gases
53 Cringe at
54 Peal of thunder
55 Clay jar
56 Principal
57 Batter ingredients
59 Tollbooth site
60 Nerve network
61 Ripoff
64 Pizarro's quest



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easy

		1		7		4		3
			8					
3	9			6		8	1	
8		7		5		6		
		5				7		
		3		1		2		9
	3	6		9			7	8
					7			
2		8		4		1		

hard

		3	5					1
9			8	3			2	7
		8		6			9	
					4	7	1	
	1			5			4	
	4	2	1					
	9			7		2		
4	3			1	8			6
8					5	1		

metro.us/horoscopes

Aries Focus on getting ahead. Doing your best to stabilize an iffy situation will lead to solutions, relief and a brighter future. Address issues instead of ignoring them. Romance will ease stress.

Taurus Don't let inflexibility stand in your way. If you are open to suggestions and willing to compromise, much will be accomplished. Learn as you go and be willing to adapt.

Gemini Be careful who you trust and what you promise. Problems will arise if you are indulgent or neglect to get your facts straight before taking part in something that could lead to regret.

Cancer Participate, but don't agree to do things that push you beyond your comfort zone. Offer alternatives. Home and personal investments and relationships are highlighted.

Leo Don't feel the need to explain everything you do. Wasting time will not get the job done. Make sure that you complete everything before you show off your accomplishments.

Virgo The doors are wide open for you to make a move, learn something new or just forge into the future with a positive attitude. This is no time to be critical.

Libra An opportunity will develop if you offer assistance. Your ability to mediate thorny situations will give your reputation a positive spin that will encourage an interesting proposal.

Scorpio Refuse to let anyone stifle your creativity or put you in jeopardy by misinterpreting what you stand for. Express the way you feel and keep moving forward.

Sagittarius You'll be torn between what you want to do and what you should do. You'll be enticed to head down the wrong path. An unhealthy choice is a risk you shouldn't take.

Capricorn Look, listen and make things happen. Any challenge you face will be worth winning. Put your all into whatever you decide to pursue. Home improvements are favored.

Aquarius Don't worry about the reaction you get from others. If you are satisfied with the way things are progressing, you don't have to answer to anyone who doubts your decisions.

Pisces Too much of anything will be to your detriment. Pace your every move and don't spend more than you can afford. Patience and tolerance will help you come out on top. **EUGENIA LAST**

Yesterday's answers

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